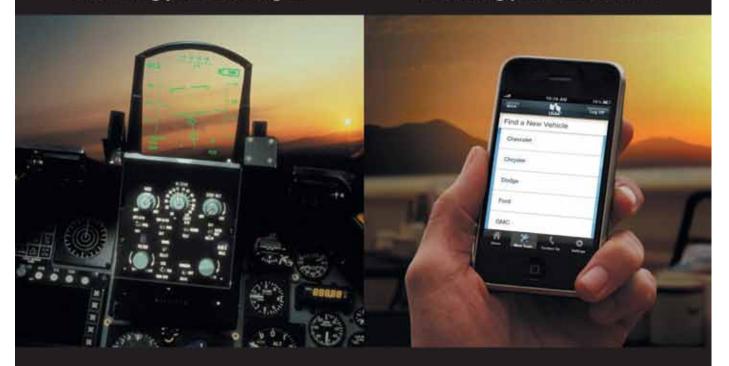


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Photo by Greg Cullis

The Adjutant General Major General Brian L. Tarbet

DRAPER, Utah — I would like share a few thoughts with you about one of the chief ingredients of our success as the Utah National Guard—our fine Enlisted Corps. Day in and day out, it is the contributions of these tremendous Soldiers and Airmen that make the difference in accomplishing the mission. Allow me to point out a couple of specifics.

First, just last week in Santa Fe, N.M., Soldiers from the Utah National Guard again competed in the regional NCO and Soldier of the Year competitions. I am pleased to report that SGT Guy Mellor and SPC Alessandra Jacobsen won top honors in their respective competitions. This was achieved after a rigorous and challenging series of events testing the Soldiers' stamina, skills, academics and professionalism. They will now go on to the NGB competitions to be held later this year.

Photo by SPC Nicolas Cloward



SPC Alessandra Jacobson (left) and SGT Guy Mellor (right) receive instructions prior to competing in Santa Fe, N.M.

The Adjutant General's Corner

These two fine Soldiers are representative of the results achieved the past four years by Soldiers from Utah. We have swept these awards regionally for three of the past four years, and one of our Soldiers went on to win the Soldier of the Year award for the entire National Guard from 54 states and territories. Congratulations to these Soldiers, their mentors and commands, and the entire NCO corps which produces such fine Troops. They make us all proud to be Utah Guardmembers.

Second, I frequently have the honor to work closely with members of our outstanding Military Funeral Honors Team. On April 30, I was privileged to serve with the team as we provided military honors to the remains of 1LT Jack Saunders, who died in captivity in Korea in 1951. Those who participated were all honored to be part of the Nation's final respects to this fine officer.

This was the second time this year I have been able to officiate with the Team to render honors to the remains of an officer long missing in action, whose remains were finally identified and returned to their loved ones for burial. It is a somber and moving event to present the flag to a family member and to pay final respects to those who fought and died for our country. Our Military Funeral Honors Team invariably provides an elegance and dignity that befits these and all occasions in which they participate. Team members are devoted, dedicated and extremely well trained. I want to thank them for their long hours and for their unstinting devotion. I routinely receive letters from loved ones of deceased Veterans who express thanks and gratitude for the efforts of the team. We should all be grateful for the efforts of these superb Soldiers and Airmen.

It is an honor to serve with and lead such fine Soldiers and Airmen. Blessings to them and their families. ■

Photo by Jeffrey D. Allred, Deseret News



MG Tarbet presenting the flag to the daughter of 1LT Jack Saunders, who died in captivity in Korea in 1951.

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MAUTEMAN

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Cover Photo:

Members of 197th Special Troops Company parachute from the back of a C-130 in support of Atlas Drop 2011 Feb. 9, 2011.

Photo by SPC Nicolas Cloward Additional photos can be viewed at www. flickr.com/photos/ utahnationalguard



Joint Forces and Army Enlisted Comments

DRAPER, Utah — During the last week of March, the Utah Army National Guard conducted its 2011 Best Warrior Competition at Camp Williams. Competitors were from the following major commands: 65th Fires Brigade, 204th Maneuver Enhancement Brigade, 300th Military Intelligence Brigade, 211th Aviation, 97th Troop Command and the 640th Regional Training Institute. Soldiers were graded on their performance during the Army Physical Fitness Test, Warrior Tasks, a comprehensive written test, weapons qualification, day and night land navigation and a formal appearance board. Every competitor gave their very best and demonstrated their skills and grit during two days of stressful competition, harsh weather and long and event-filled days.

Specialist Alessandra Jacobson, from Headquarters, 204th Maneuver Enhancement Brigade; and SGT Guy Mellor, Bravo Battery, 1st Battalion, 145th Field Artillery; were selected as Best Warriors and competed at the Region VII Best Warrior

competition in Santa Fe, N.M., the following month. They proved once again that Utah has the very best Warriors and came home with the trophies and the title of Best Warrior. They will both compete at the Army National Guard Best Warrior Competition held at the Warrior Training Center at Fort Benning, Ga., in August. We wish them the very best.

This summer we are looking forward to the return of the 118th Sapper Company, 141st Military Intelligence Battalion, 19th Special Forces Group Support Company, and have already welcomed home the 144th Area Support Medical Company. Their contributions in both Iraq and Afghanistan have exceeded the standard and set the bar for other organizations to follow. I receive word constantly from a colleague now serving in Iraq, and he constantly sends me updates on the great work he sees daily from the Utah National Guard. We are extremely proud of the service, professionalism and dedication of all Army and Air Guardmembers wherever they serve. They can be counted on to leave their mark and make any place better for it.

We are sending more of our organization out the door this summer. We wish for nothing but the best for 2nd Battalion, 222nd Field Artillery, Alpha Company; 2nd Battalion, 211th Aviation and 1st Battalion, 211th Aviation; as they prepare to deploy. Their families will be in our thoughts and prayers as they serve with honor and distinction during their deployment.

As units prepare for their summer Annual Training events, make sure that safety is paramount and unit leaders do all they can to make sure training is realistic, relevant and safe for their Servicemembers. NCOs are key to ensuring that



Bruce D. Summers Command Sergeant Major Utah Army National Guard

training is conducted to standard.

It is an honor to serve with all of you and to be a part of the great accomplishments you have achieved in the last few years. Thanks for all you do for the United States and for Utah.

God Bless.

Photos by SPC Nicolas Cloward







TOP DOWN: SGT Guy Mellor (left) and a fellow participant run during the 5-mile ruck march at Camp Williams. Navigating the tires was one of the many challenges SPC Alessandra Jacobson faced as she competed and won Soldier of the Year.

SGT Guy Mellor (left center) and SPC Alessandra Jacobson (right center) are presented their awards for winning the Region VII Best Warrior competition in Santa Fe, N.M.



144th Area Support Medical Company Returns from Afghanistan





Members of the 144th ASMC greet family and friends who have anxiously awaited their arrival at the Salt Lake Air Base March 20.

Story by LTC Hank McIntire

SALT LAKE CITY — Supporters numbered in the hundreds in South Hangar of the Utah Air National Guard Base March 20, as families, friends, employers and Utah Guard leaders welcomed home the 75 Soldiers of the 144th Area Support Medical Company from a yearlong tour in Afghanistan.

Parents, spouses and children inched their way closer to the do-not-cross yellow line on the tarmac as the Sierra Pacific 737 passed through the water-cannon arc created by Utah Air Guard firefighters, and as Soldiers descended the aircraft stairs, passing through the line of American flags held by the Patriot Guard Riders.

Waiting at the base of the stairs were MG Brian Tarbet, adjutant general of the Utah National Guard; Congressman Jason Chaffetz, (R-Utah); BG Jefferson Burton, assistant adjutant general; and COL Milada Copeland, commander of 97th Troop Command, parent unit of the 144th.

"I've been over to Afghanistan twice, and I have seen what they are doing and how they do it. They make us so proud," said Chaffetz. "To see them come home safely and all their loved ones with tears in their eyes—it's a neat moment."

Spending a year in Afghanistan treating patients in a hospital/clinic setting and providing medevac and ambulance support in a combat environment was enough to make Soldiers and families anxious to get them back to Utah.

Photos by 1LT Ryan Sutherland

"Having him come home safe and sound was the biggest relief of my life," said Ellen Hill, wife of SSG Tyler Hill, who leaned on Soldiers' spouses to keep going. "I made friends with a lot of the other Army wives in the unit. We did Girls Night and went to the FRG (Family Readiness Group) dinners every month. It was a real support system for us."

"Deployments are such a roller coaster," said Tiffany Stefl, wife of unit commander MAJ David Stefl. "It's heartbreak when they leave, and then there's the elation, joy and pride you have when they come back home safely. David had to be strong for his Soldiers so he could be someone they could lean on. I was really proud of him."

Soldiers appreciated the show of support of those they knew and those they didn't, pinching themselves to make sure this day had actually come.

It's all kind of surreal," said SSG Tyler Hill, a combat medic and noncommissioned officer in charge of the Evac section in Bagram. "But it's better than you can ever imagine. The reality blows the dream out of the water. It's fantastic!"

"A lot of people we know are here and a lot of families we don't know," Hill continued. "But we can connect with them because of the service we've had with their children and brothers and husbands."

One Soldier, SPC Waynette Denny, a combat medic from Mexican Hat, appreciated the welcome provided by the Patriot Guard.

"It meant so much just seeing the flags out there when we landed," she said. "It was so overwhelming."

Invoking her Navajo roots, Denny was thankful for her loved ones and others who preceded her.

"Everything I did over there was for my family. Doing this was the greatest thing ever, especially remembering the World War II Code Talkers. Just knowing that I am part of that legacy, being Native American and female, it's a great feeling."

The flag bearers that day, the Patriot Guard Riders, attend every departure and homecoming event for Utah Guard Soldiers and Airmen.

"We're here honoring and respecting our troops, past and present, who give us the freedoms we all enjoy and love," explained Matt Munk, of Riverton, a Patriot Guard ride captain. "We love doing these welcome-homes, but we're also honored to be called on to escort a fallen one home."

"Their sacrifice should not be diminished," added Wayne Hunting, of West Jordan, also a ride captain. "That's why I come out, to make sure their dignity is protected."

Also proud to be a part of the celebration was Carolyn Boggs, chief flight attendant on the Sierra Pacific plane that brought Soldiers home.

"We are honored to fly these troops all over the country," said Boggs, of Tucson. "There is just



nothing like it. We thank them coming on and when they are leaving. If you have taken one of these flights with military troops coming or going, it just gives you a whole feeling of what it's all about."

Civilian employers, like Dr. Pepper Murray of Mountain Orthopedics in Bountiful, were also on hand to see their employees safely home.

"For some employers, [a deployed Soldier] is one of ten or one of a hundred. In my case, he is half of my team. He is half of what I do," said Murray of his employee, MAJ David Stefl. "I've been very fortunate to find a fill-in, but it's still not the same. Freedom doesn't come without sacrifice, and for me, this is my part that I can contribute to the effort to protect our freedom and the freedom of others."

As Stefl hugged his family in the hangar, Murray was right there to join in, posing for a group photo with the Stefls and MG Tarbet.

"Dr. Murray is awesome!" said Stefl. "It makes it easier to be a Soldier and do my mission when I have the support of my family, my boss and the community."

As happy as Stefl was to be back, the serious business of combat and the dangers that his Soldiers faced was not lost on him—not in that moment nor during the year that preceded it.

"Before we left, one of my goals was to bring everybody home, and I was going to do everything possible to do that," he recalled. "It's a great feeling to have everyone get off the plane with me."

2-222nd Field Artillery Completes Home-Station Predeployment Training

Story by MAJ Jethro Spencer

Photos by 1SG Clint Stewart

ST. GEORGE, Utah — On task and on time, the Triple Deuce successfully completed its premobilization training at Camp Williams in preparation for deployment scheduled for June 2011. It began March 24 in Cedar City with the senior leadership (E7 and above) gathering for Family Readiness Group (FRG) training and planning. The FRG training provided by the state FRG staff and unit support volunteers was excellent. It paved the way for commanders and their FRG volunteers to share ideas, information, support, and tools that will help take care of families here at home.



SSG Justin Olsen provides overwatch security on a detainee during searchand-detain operations. SPC Jacob Murray, SSG Justin Nelson, SSG Kurt Walbeck and SSG Wesley Bates prepare to clear a building during premobilization training. PFC Robert Bennett (left) and PFC Dakota Payne conduct security during convoy operations.





From March 26 to April 1, the leadership group conducted a leader-certification exercise (CERTEX) in preparation to receive the main body April 2. We were told that our group was the first to execute a CERTEX for predeployment training. Based on After-Action Report (AAR) comments and results, the leader group and the Premobilization Assistance Element (PTAE) team found the training to be very productive in identifying training issues or making recommendations to improve the value of the training. It also allowed the senior leadership and Battalion staff to conduct mobilization planning and take care of Soldiers in their respective units. The senior leadership was successful after a little Close-Combat Training and grenade throwing (simulated), and no one went missing during the land-navigation course.

Marching on, the main body arrived April 2 to begin a productive three weeks of premobilization training, and just to ensure that Triple Deuce Soldiers weren't getting soft, the appropriate weather conditions were in effect: snow, wind, mud, and rain, for the duration. Soldiers completed all of First Army's premobilization requirements including land navigation, combatives, crew-served weapons qualification, as well as several other common tasks and battle drills. Apparently it was the right training environment for success as indicated by the continuous feedback by PTAE trainers and unit leaders that Soldiers remained

positive and motivated and returned safely home April 20. The mission intent was met and the hard work from the PTAE team, the 65th Fires Brigade and other support personnel was clear evidence of competence and dedication to duty.

In addition to conducting the required training, the Battalion executed Central Issuing Facility (CIF) and Rapid Field Initiative (RFI) operations to provide all the latest equipment and clothing the Army had to offer. What is so great about this is that an individual Soldier now only has to wait a short time (based on Army wait-time standards) to turn in old equipment and be able to take home new gear.

According to trainers, the Triple Deuce was the first to coordinate and successfully conduct the CIF/RFI operations during their premobilization training exercise, and this could be a model for other units mobilizing in the future.

After a successful Annual Training and premobilization training, the 2-222nd will continue to move forward with all requirements necessary for a successful transition to the "Post-Mob" phase in June 2011 at Camp Atterbury, Ind., where we expect the same level of success. This training and our level of discipline will prepare the Battalion for any mission we are assigned. The Soldiers of the Triple Deuce will be prepared to serve.

169th Intelligence Squadron Returns Home—Again

Story and photos by MSgt Cody Langille and SSgt Jaime Phair

SALT LAKE CITY — When you deploy, it's never a guarantee when you will return. Dates get set and adjusted many times before the event actually takes place. In fact, it's happened so many times before that members of the 169th Intelligence Squadron realize that you aren't home until that aircraft's landing gear hits the runway and you're reunited with your family.

Returning home from a deployment is considered the capstone of success for many 169th members. April 1 was one of those capstone days as husbands, wives, fathers and mothers were reunited with their loved ones. In short, the mission was a success.

April 1 was a repeat for members and families of the 169th, many of whom are no strangers to the nuances of deployment. The operational tempo at the 169th is high, and it demands a lot from its members, but the entire Squadron has stepped up to the challenge time and time again, taking the fight to the enemy. During the 169th's deployment to Afghanistan, their participation and dedication to the cause and their fellow Airmen, Soldiers, Marines and Sailors plays a vital role in keeping freedom free and citizens safe back at home.

The dedication of the members of the 169th during the past decade has allowed the Squadron to deploy more than 25 times and actively support missions on three different continents. During this time, over 1,100 missions have been flown, supporting theater commanders in a multitude of ways.

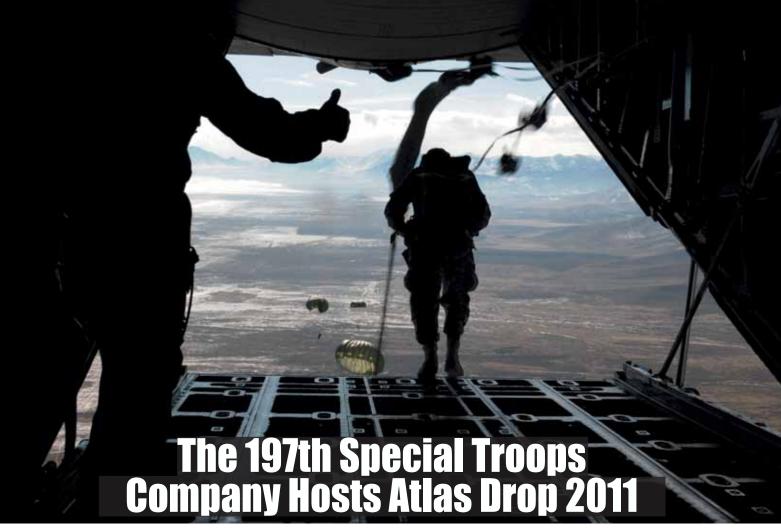
The 169th provides airborne intelligence, surveillance and reconnaissance support to theater combatant commanders worldwide, as well as dedicated operator support to the Distributed Common Ground System currently engaged in Operations Enduring Freedom and New Dawn.

Even though the 169th is once again away from their loved ones, they know that soon enough the landing gear will be hitting the home-station runway. Soon enough they will be back in the arms of their family or around their friends. Soon enough, the mission will be another success.

Members of the 169th Intelligence Squadron return home from their overseas deployment April 1.







Members of 197th Special Troops Company parachute from the back of a C-130 in support of Atlas Drop 2011 Feb. 9, 2011.

Story and photos by SPC Nicolas Cloward

PROVO, Utah — On Feb. 8, members of the 197th Special Troops Company (Airborne), along with active-duty U.S. and Ugandan Soldiers, stood on the open doors of a C-130 at Provo Airport, rehearsing a cargo drop to take place within the hour.

"The familiarization was in preparation for Atlas Drop 2011, an overseas-training mission in Uganda," said CPT Bruce Roberts, operations officer for the 197th.

Proponents from the Natick Soldier Center in Natick, Mass.; and Fort Lee, Va.; sent out instructors and other contractors to certify riggers and familiarize other Soldiers in the deployment of low-cost, low-altitude (LCLA) parachutes, Copterboxes, and Free Drop System One.

"The aerial delivery systems are designed to provide rations, ammunition, medical supplies and other items to ground forces," said Sgt. First Class Jose Caoili, airdrop noncommissioned officer in charge for the 197th.

Members of the 197th Special Troops Company prepare to deploy rations from a C-130 aircraft Feb. 9, 2011. The rations are rigged with a low-cost, low-altitude (LCLA) parachute.

"The LCLA parachutes, Copterbox and Free Drop System One are all low-cost, disposable systems. They require less rigging knowledge and can be deployed at lower altitude, compared to their predecessors, which required more preparation and had a higher cost," said Roberts.

"The main objective today was to effectively deploy low-cost, low-altitude parachutes in a garrison training environment," said Caoili.







Members of the 197th Special Troops Company along with U.S. Army personnel and counterparts from the Uganda People's Defense Force load rations on board a Bell 206 Helicopter to conduct aerial delivery drops Feb. 14.

"Soldiers have been training the last two days getting LCLA certified by the mobile training team sent from Fort Lee," said Roberts.

"Today was basically the execution phase of that training to make sure they flew correctly and to make sure everything held up the way it was supposed to," said Capt. Marc L. Cooper, executive officer of the 197th.

"Soldiers will be taking the training with them to familiarize their Ugandan counterparts in the use of the aerial-drop systems," said Caoili.

"Soldiers preformed a number of rehearsals to help them overcome hurdles of unknown and uncharted territory," said Cooper.

"It's that way for the air crew as well, so we've run into some obstacles in trying to throw these different aerial systems out of aircraft," added Roberts.

Finally the time came to put the training to the test. The aircrew prepared the plane for the flight, and Soldiers found their seats as the cargo doors closed. As the old song goes, the "C-130 rolled down the strip" and began to climb.

Soon after the plane took off, the cargo doors began to yawn. The chilling wind at the 1,500-foot altitude began to spill through the fuselage of the large bird. This was their cue. Silhouettes of Soldiers lay against the snow-capped mountains as they began to position themselves around the rigged cargo that would soon be pushed from the aircraft.

When the plane was finally positioned over the drop zone cruising at 500 feet, the crew pushed the cargo from the aircraft. The load disappeared below the door, and within seconds, Soldiers cheered as the open parachute became visible in the distance and the cargo made its descent to the earth below.

"This is only Phase One of a three-phase operation," explained Caoili, "Phase Two involves the deployment of Copterboxes, and Phase Three will be the deployment of free-drop boxes. I feel like we came back with some good learning points. [There were] a lot of lessons learned using LCLA—stuff that we can bring with us to Uganda."

"[Today] was a successful, low-cost, low-altitude parachute operation," added Cooper. **■**









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Riggers Prep Chutes in Tough Conditions in Uganda

Story and photos by SFC Brock Jones

SOROTI, Uganda — U.S. Army parachute riggers assigned to the 5th Quartermaster Detachment, 21st Special Troops Battalion, 21st Theater Sustainment Command, out of Kaiserslautern, Germany, and the Utah National Guard's 197th Special Troops Company were in Soroti, Uganda, training with the Ugandan People's Defense Forces (UPDF) in support of Atlas Drop 11.

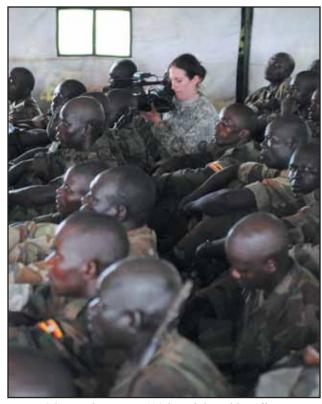
Atlas Drop, an annual joint aerial-delivery exercise sponsored by U.S. Army Africa, brought together U.S. Servicemembers with counterparts from the Ugandan People's Defense Forces, and was designed to enhance the readiness of both countries' resupply and logistical capabilities. The two-week training from April 11-21, consisted of classroom instruction and a field training exercise. AD11 increases the capability of both UPDF and U.S. forces to resupply Soldiers operating in remote areas.

Soldiers are known for being outstanding improvisers, doing their jobs well even under less-than-perfect conditions. Making a mission happen, no matter the resources available, is a badge of honor for Soldiers of all specialties.

This group of riggers took the spirit of improvisation to heart in preparing parachutes for upcoming aerial resupply missions.

During the two-week exercise the riggers' main role was to train with their Ugandan counterparts on various aerial-delivery systems, more specifically, the low-cost, low-altitude (LCLA), copter box and free-drop box systems. Not only did they learn about the systems, they had to devise ways to effectively rig parachutes to the systems and ensure the contents inside remained safe upon landing.

Riggers pack a T-10 parachute on a makeshift packing table at Soroti Airfield in Uganda as part of Atlas Drop 11.



SGT Lyndsey Prax, 128th Mobile Public Affairs Detachment, films members of Ugandan People's Defense Forces soldiers at a briefing during Atlas Drop 11.

With all the proper equipment—tables, tension devices, weights—rigging parachutes is a rigorous task. Prepping chutes in a dusty aircraft hangar in eastern Uganda on old desks and cardboard proved challenging for even the most experienced riggers.

This is where the spirit of improvisation came into play. They used whatever was there to ensure the successful completion of the mission. The chutes were packed on a makeshift packing table made of old desks with a concrete pillar to stabilize the desks and act as a tie-off to ensure proper tension. In the end all chutes were packed.



"Basically, what we had to do was improvise," said SGT Roger Montañez, an Ogden, Utah, native and parachute rigger assigned to the 197th. "We had no packing tables; we had no packing weights. So we had to improvise to accomplish the mission. We set up cardboard to maintain parachute integrity, so we didn't compromise the parachute in any way," he said.

Montañez, who has been rigging parachutes for 11 years, said that regardless of circumstances, a Soldier with a job to do has to get it done. "We did everything we could to accomplish the mission the proper way, the safe way and the right way with what

In addition, as is the case with all training opportunities, the riggers of AD11 learned valuable lessons by having to pack parachutes in conditions they are not accustomed to.

we have."

"It's an experience that betters me as a parachute rigger," said SPC Jordan Parr, a Clearfield, Utah, native and rigger assigned to the 197th.

In their first full day together as a team, the 19 riggers of AD11—11 Soldiers from Germany, seven from Utah and one from 3rd Squadron, 108th Cavalry Regiment, Georgia National Guard—packed 36 T-10 parachutes for use during upcoming LCLA practice drops.

After a day of packing chutes, the riggers began training with their UPDF counterparts on how to prepare the aerial-delivery systems. These resupply systems provide the UPDF and U.S. Army with the ability to resupply units operating far from usual resupply

routes and means.

"Everyone's absorbed the knowledge really well," said SGT Aaron DeHaven a native of Marion, Ohio, and a rigger assigned to the 5th Quartermaster Detachment. "But for me personally, training with the UPDF has been very rewarding. I've learned a lot."

Whether rigging under the most difficult working conditions or training with UPDF Soldiers, the AD11 riggers have lived up to the motto they learned at rigger school: "I will be sure always." When the cargo was kicked from the open doors of planes and helicopters above drop zones north of Soroti, and the cargo drifted safely to the ground, everyone knew just how sure they were.

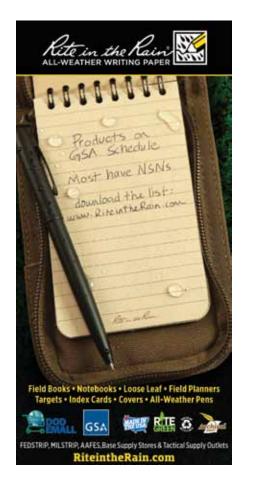


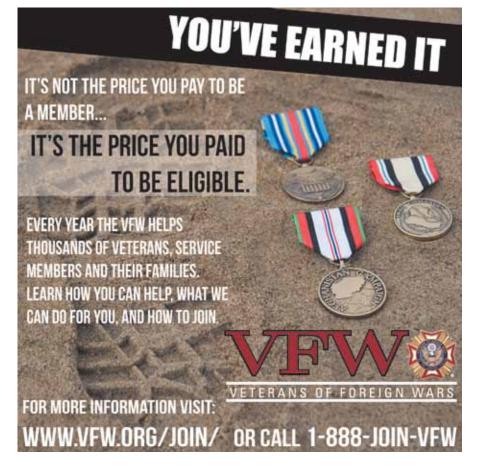




From the back of a C-130, 197th Special Troops Company members demonstrate T-10 parachute drops over Soroti Airfield.

SGT Roger Montañez, 197th Special Troops Company, checks the contents of a successfully dropped copter box in
Soroti Airfield, Uganda. OPPOSITE PAGE: A package makes it way to the ground at Soroti Airfield, Uganda during Atlas Drop 11.















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118th Sapper Company Delivers Security Through Counter-IED Efforts

Story and photos by SGT Derek Nelson

KHOWST PROVINCE, Afghanistan

In late August 2010, Soldiers of the 118th Sapper Company arrived at Forward Operating Base Salerno, Afghanistan. A mere ten days and four missions later, they took the helm of Route Clearance Package (RCP) 37. Assigned to clear routes and counter the enemy's attempts to emplace improvised explosive devices in their area of operations, they had no idea what the next year of their lives would bring.

Combat Chaperones

"Originally, the majority of our missions were escort and route clearance efforts to get combat logistic patrols out to different combat outposts," said 1LT Ryan J. Becker of Bountiful, Utah, 1st Platoon leader, 118th Sapper Company. "In between those missions we filled in our time with company-level clearing missions to keep the routes safe."

Keeping busy is what the RCP does, and they do it well. The unit doesn't look for downtime; instead, they turn their attention to the next mission and how they can better do their jobs.

"Our guys spend their time off working on mission-essential stuff—stuff that isn't necessarily route clearance, but is preemptive," said Carter "MacGyver" Raby of Ignacio, Colo., a team leader with 1st Platoon. "Guys do what they have to do, don't complain and get the job done."





SGT Carter Raby, left, and SPC Jacob Mayne, 118th Sapper Company, work to patch a road near Yaquib Village, Khowst Province, March 24.
BELOW: SPC Daniel Vigil, 1st Platoon, 118th Sappers, uses a shovel to help patch a road damaged by an IED explosion in Khowst Province, Afghanistan.

Total Denial

In January, Task Force Rakkasan transferred authority of FOB Salerno to Task Force Duke. With the regime change came a mission shift for RCP 37.

"When Duke got in and got their feet on the ground, our primary focus became counter-IED efforts," said Becker. "Some of these routes have been historically targeted by IEDs and [Duke] wants to lock them down and shut down the IED activity."

The RCP takes several approaches to this mission. Constant patrols in the area help them to establish a presence. They interact with locals, work to educate them on IEDs, and take a grassroots approach to countering the insurgency.

"Our mission set has really been focused on how we can provide the

locals with a feeling that we're not going in there just to harass them," said SGT John "Izzy" Israelsen of Salt Lake City, a team leader with 1st Platoon. "We're deployed and we've got a job to do, but we want to make it as symbiotic as possible."

Israelsen attributes the unit's positive relationship with the locals to the unit's road-patching efforts and unique culvert-denial systems.

"They know that a huge blast in the road is caused by insurgent groups, and then they'll see it gets fixed and they'll know that the Americans fixed it," said Israelsen. "It's nice to know that they can roll over a road and not have their children bouncing around or pop a tire because the Americans are doing their job."



Improving driving conditions for local citizens, Soldiers of 1st Platoon, 118th Sappers, repair a road near Yaqubi Village, Khowst Province, March 24.

Road patching is just one way RCP 37 denies the enemy the ability to place IEDs. Historically, insurgents will reuse blast holes, placing IEDs where ones have already blown up. The constant string of explosions wears down the roads and makes them nearly unusable.

The patch, called the "Dizzy" patch, helps to keep Americans safer on the roads while improving them for local drivers.

Culvert-denial systems are another way the RCP works to deny the enemy while still working with the local community.

The (Aptly Named) Salerno Box

"The culvert-denial system has, over the last two months, become the primary mission for RCP 37," said Israelsen.

Culvert-denial systems come in several shapes and sizes, all with the same intent: prevent access to culverts that insurgents could use as a hasty hiding place for an IED without preventing the flow of water for the local community.

"Culvert-denial systems deny insurgents access to the culverts, which have been one of the largest terrain features used in anti-Coalition attacks," said Raby. "If we deny their access to culverts, they are forced to put more effort into setting up their IEDs, which gives them a better chance of being spotted by surveillance."

The systems can be as simple as a rebar grate over the end of a culvert. However the most commonly used and perhaps the most interesting is the Salerno Box.

The Salerno Box is a large steel box, solid on two sides with rebar caging on the other two. It has an open bottom and a solid top. Atop the box sits a concrete lid, with sensors to monitor and prevent tampering.

"We have a local contractor who fabricates the boxes and the lids that go on them," said Becker. "The box is made in two sizes and then we attach the sensors."

The Salernos help keep troops safe, put money into the local economy and the locals seem happy about them as well, according to the 118th Sapper Company.

"When we install the Salerno Boxes, we have locals in the trenches with us helping to dig holes," said Israelsen. "The locals tell us where they want the water to flow to irrigate their crops, so we take the extra time to use our people and equipment to help them. We listen to the locals because they're why we're here."

At a cubic meter in size, a Salerno is highly visible to anyone who would pass by—a fitting symbol to mark the impact the RCP is having in their local area.

"You can see the difference," said Israelsen. "It's progress that you can see and touch."

Tragedy Strikes 37

December 2, 2010, RCP 37 was tasked to clear a route up to Combat Outpost Sabari. At approximately 9:30 a.m., within eyesight of their halting point, disaster fell upon the unit.

According to SSG Joshua "Lewi" Lewis of Duchesne, Utah, a squad leader with 1st Platoon, the team exited their vehicles to search for indicators of IED emplacements. Their platoon sergeant, SFC James E. Thode, discovered an IED command wire during the dismounted patrol. Before the team could react, an IED hidden off the road exploded where Thode was standing, killing him instantly.

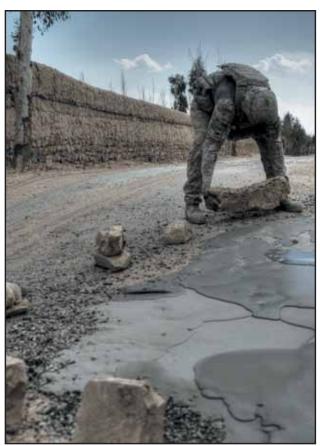
"We don't know exactly what set if off, but he was standing right on top of it and it killed him," said Lewis.

The team was rocked by the explosion, physically and emotionally.

"It was a really hard loss for us," said Lewis. "Thode was like a father to us. He would come around every morning and shake your hand with a big smile on his face. He was such a good platoon sergeant."

As a civilian, Thode was a police officer in Farmington, N.M. A hero at home, Thode was even part of the department's Special Weapons and Tactics team. As a Soldier, Thode became a commissioned officer after serving six years in the Army Reserve as an enlisted Soldier. Thode resigned his commission in 1999, returning to life as a noncommissioned officer and garnered the love, admiration and respect of his entire team.

"Everyone loved him like a father," said Lewis. "He taught us so much about being Soldiers. He was such a good leader."



SPC Daniel Vigil, 1st Platoon, 118th Sappers, sets rocks around a recently patched section of road in Afghanistan.

Shortly before deploying with the unit, Thode was offered a command position with a National Guard military police unit in New Mexico and the option to not deploy with his team. According to Lewis, Thode denied the offer, choosing his team over the tempting police command position, a decision that would unknowingly cost him his life.

"Thode was the ultimate American hero," said Israelsen. "It's comforting to know that if he had to fall, he fell in combat with his men. Nobody wants to think of him dying from a heart attack or chasing a drunk driver on the freeway—that's just the kind of man he was."

Carrying the Torch

Despite the devastating loss of their "platoon daddy," the RCP continues their missions working with—and not against—the Afghan people.

"Thode set a great precedent in his life," said Israelsen. "We had to follow in his shadow. Be a Soldier, be a representative and be an ambassador who's not going to show the world that Americans are ugly. That's what he wanted."

The team plans to return home in late June and has made special plans to honor their fallen platoon sergeant.

"When we get home we're going to get our platoon together along with our families and go to Farmington to meet up with Thode's wife," said Lewis. "We're all going to go out to dinner and drink his beer."

"Fat Dog Stuck in the Dog Door Stout" is a specialty

beer created by Three Rivers Brewery in Farmington in honor of Thode.

The beer, according to Bob Beckley, the brewery owner, is a seasonal beer which he plans on brewing every year around the time of Thode's death.

"He was a classy guy, the kind of guy you'd want to take home to mom," said Beckley. "We're going to brew it every year in his memory."

The beer will serve as a celebration for the team's return, a remembrance of their fallen comrade and the legacy and impact that the Soldiers of the 118th have left both at home and abroad.

"I just hope we can remember him, honor him and be the best NCOs we can, following in his footsteps," said Lewis.

This article appeared originally at http://www.cjtf101.com/en/regional-command-east-news-mainmenu-401/4365-118th-sapper-company-delivers-security-through-counter-ied-efforts.html.



Utah Guard Soldiers "Clean House" at Regional Best Warrior Competition

Story and photos by SPC Nicolas Cloward







SPC Alessandra Jacobson and SGT Guy Mellor participate and win the Region VII Best Warrior Competition in Santa Fe, N.M. Participants compete in events such as land navigation, a 5-mile ruck march, firing range, Army Physical Fitness Test and many other challenges.

SANTA FE, N.M. — Utah Soldiers SGT Guy Mellor, gunner for Bravo Battery, 1-145th Field Artillery, and SPC Alessandra Jacobson, administrative specialist for Headquarters Company, 204th Mobile Enhancement Brigade, competed in the Region 7 Best Warrior Competition (BWC), against Arizona, California, Colorado, Guam, Hawaii, Nevada and New Mexico April 28 in Santa Fe, N.M.

The Best Warrior Competition regional championship is a time for Soldiers to go head to head against the very best the Army National Guard has to offer. It allows Soldiers to associate with other Soldiers outside of their home state, said Mellor.

"[Soldiers] have an experience to associate with good Soldiers and participate in all these physical events and different mental events," said Mellor.

"They grow so much as Soldiers, and they learn so much through the experience. They can go back and help out their units and the National Guard gets better by doing that."

At the National Guard Regional Training Institute in Santa Fe, N.M., Jacobson expressed that she enjoyed socializing with other competitors to see what they have gone through at their unit level to prepare for the competition. She values the chance to talk with and get to know other Soldiers.

"You kind of feel as a family," said Jacobson, "it's just so wonderful."

The first day of the competition, Mellor and Jacobson participated in the Army Physical Fitness Test. Mellor and Jacobson both performed exceptionally with scores of 300.

"Since we weren't going on the extended scale, we just did enough to max on the pushups and sit ups," said Mellor. "The part we really pushed ourselves on was the run."

Mellor ran his 2-mile run in 11 minutes and 14 seconds and Jacobson ran hers in 13:44.

For some, the climate change, dry air, high winds and fluctuating temperature affected their performance. With this environment and Santa Fe's elevation at approximately 7,000 feet above sea level, Mellor and Jacobson didn't feel far from home.

When asked if the environment had any effect on her performance Jacobson said, "No, but I believe that the other competitors felt the pain more than us from Utah."

On the second day of the competition, competitors were transported via UH-60 Blackhawk to their land-navigation course. The roller coaster style ride to the site was an enjoyable highlight for Utah Warriors.

"The helicopter ride?" said Jacobson with a smile on her face, "That was just fantastic!"

"The helicopter ride alone made it worth it," said Mellor.

Once Warriors stepped off the UH-60, they were given the challenge of locating five points within a three-hour time limit. When all the Soldiers plotted their points on a map they quickly stepped off into the New Mexico wilderness riddled with lava rock, sand, brush and cacti.

Soldiers scoring the event and providing medical support stood by waiting for Soldiers to come back with their points. In the distance, the first Soldier could be seen running down the dirt road with map in hand. Support Soldiers debated who the Soldier might be who was rapidly approaching the event site.

The Soldier was quickly identified as Utah's Jacobson. She handed her paper off to the scorers and pointed to the hill far in the distance and asked while still catching her breath, whose idea was it to put a point on that freaking hill?

Soon after, another Soldier was seen running up to the site. Again, the debate started on who the Soldier in the distance might be.

"Utah hooah!" yelled Jacobson, when she saw that it was Mellor approaching the site. The two exchanged encouraging words and waited patiently for the rest of the other Soldiers to arrive.

On final day of the event, Soldiers got off the bus with their gear and rucksacks and got ready for the five-mile foot march around the National Guard installation. Winds were strong and chilling to the bone. Streams of snow could be seen far in the distance draping over the New Mexico landscape. Enthusiastically, Mellor could be heard mentioning to his sponsor that it was a great day for a run.

When the timer started, the horde of Soldiers stamped off the parade field en route to finish the final event of the competition. With every stride gained, distance was left behind and the finish line rapidly approached. Rumors of who was going to beat who were spreading like wildfire within the crowd of spectating Soldiers.

Far in the lead was Mellor. As he approached the parade field he was met by his sponsor, who ran encouraging him until his final step across the finish line. "46:26," yelled MSG Giles as he read the time off his stopwatch.

Though other Soldiers came across the finish line before her, Jacobson wasn't far behind. She had come to walk and was digging deep to find the power to push it out to the end. With a rainbow of colorful words, she mustered the rest of her energy and began running to the finish line. After all of the Soldiers finished the march, they headed back to their hotel and got ready for the dinner and the announcement of who would win the title of regional Soldier and NCO of the year.

Donning their class A's and dress blues, Soldiers, sponsors and family members gathered to hear who would win the Region 7 BWC. Mellor and Jacobson were both met with applause when their names were called as the winners of the competition. They will be competing in the national BWC scheduled this August at Fort Benning, Ga.

These Utah Warriors put forth great effort to represent the Utah Army National Guard and value the experience more than the award itself.

"I just wish that everybody could get this experience," explained Jacobson, "It's a lot of fun."









"The BWC was outstanding experience," said Mellor. "I don't think that it shows which Soldier is the best in the National Guard. I think it shows an awesome experience that you can have in the military and how you can grow. I definitely grow in each level that I go to. The more I study and the more effort I put into it, the more I grow. I just love the experience that I get out of it."

SGT Guy Mellor (left) and SPC Alessandra Jacobson won NCO and Soldier of the Year at Region VII Best Warrior competition in Santa Fe, N.M.



217th NSC Supports Austere Challenge 2011

Story by SSG Gary Packer

HOHENFELS, Germany — As a lead element of Task Force Scorpion, the 217th Network Support Company supported the IT needs of the EUCOM Austere Challenge (AC) 2011 staff exercise. AC11 brought together more than 1,800 Soldiers from eight nations and included elements from five Utah National Guard units.

Task Force Scorpion, led by CPT Brandon Morris, commander of the 217th, consisted of more than 50 IT technicians from eight separate organizations including 5th Signal Command, 69th Signal Battalion, Joint Multinational Simulation Center, 21st Theater Sustainment Command and the U.S. Army Europe Enterprise Service Desk.

Scorpion handled the setup of more than 3,000 network devices, managed more than 6,000 user accounts, and responded to more than 2,000 trouble tickets within a three-week period.

Photo by SPC Jakob Jones



SPC Tyson Small (center) reports the status of the inprocessing phase to SSG Gary Packer during Austere Challenge 2011.

"This exercise was an opportunity for large scale signal support, which is rarely available in Utah," said Morris. "We supported 1,800 users, which is about a quarter of the Utah National Guard in terms of people."

Soldiers from the 217th created digital tools, systems and standard operating procedures that set the standard for future large-scale exercise support.

The 217th received many accolades from senior exercise planners who stated that it was the best IT support provided in years.

"It was really beneficial to our training to be able to work with Soldiers with different backgrounds and be able to bring them into a cohesive team," said Morris. "We were able to cross-train with different expertise levels, as well as integrate National Guard Soldiers and active-duty units to reach common goals."

Photo by SSG Gary Packer



CPT Brandon Morris briefs 217th Signal Network Support Company Soldiers supporting Task Force Scorpion and more than 6,000 user accounts on three networks.

400,000 Pounds of Food from Scouting for Food!

Story and photos by PFC Ariel Solomon

PROVO, Utah — Servicemembers and the Boy Scouts were brought together March 26, bringing and sorting food for the needy here in Utah.

"Man, I love it!" shouted SGT James Binkerd of the Utah Guard's 204th Maneuver Enhancement Brigade, while moving quickly between bins, sorting though donations. "I love helping people out! It's why I joined."

Second Lt. George Martinez explained that officials anticipated that the program would gather 400,000 pounds of food this year.

"Every day at least 120 families on average come into this facility, so I guess if you do the math by taking out holidays and weekends, it adds up to a lot of people," said Martinez.

Dana Wright from The Church of Jesus Christ of Latter-day Saints' Edgemont North Stake in Provo was very happy to see Guardmembers helping with the food drive. "I thought we'd be here alone," said Wright.

"The work of a Guardsman is about helping their community, first and foremost," said CPT Jonathan Kenworthy.

Drop-off points bustled with Soldiers and volunteers carrying and sorting bags of food and toiletries to help needy families in Utah. Many of the volunteers repeatedly said they were very happy to have the National Guard helping with their service efforts.



Top down: SGT Binkerd drops a can into a food bin at the Community Action Warehouse in Provo.

Servicemembers help Scouts gather an estimated 400,000 pounds of food during Scouting for Food, March 26, 2011.

2LT George Martinez sorts food into bins.







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U.S. Military Suicide Rate Surpasses National Average

Story by Ileen Kennedy

DRAPER, Utah — Suicide is increasing in all branches of the U.S. military at a rate that is surpassing the national average. During the last nine years, lives lost to suicide have exceeded lives lost in action in both Iraq and Afghanistan.

Why are the numbers on the rise? And why have some thought suicide was the only solution? Perhaps they felt it was the only way to stop the pain or other emotion they no longer felt they could handle.

Servicemembers are trained for conflict—trained to protect, defend and inflict harm on the enemy. Now, along with that training, the Utah Guard is implementing training on how to save its members from suicide.

"In light of all the media attention on the record number of suicides in the military," said MSG Jennifer Fischer, suicide prevention program manager, "I would like the public to know that the military is leading the way in promoting awareness and providing research, training and resources to our members to reduce the number of suicides not only with our Servicemembers, but everyone with ties to the Army family."

Applied Suicide Intervention Skills Training (ASIST) teaches effective intervention through a three-phase model: connecting, understanding and assisting. ASIST is first-aid training where potential suicide is the medical problem. It trains participants to connect with their own feelings, beliefs and attitudes toward suicide so they can recognize someone at risk. Listening skills are taught to help participants better understand the situation of the person at risk, and allow that person the emotional space and safety needed to vent feelings, which by itself can greatly reduce the immediate risk. ASIST trains participants to intervene and keep the person at risk safe until medical professionals can be reached.

A person at risk for suicide can have overwhelming things going on in their life that can push them over the edge. In the ASIST program, those in positions of authority receive training on how to watch for triggering events in those they oversee.

"At what point do I, as a commander, step in and take action?" asked CPT Jason Elphick, 1457th Forward Support Company commander.

In December, Utah National Guard senior leaders visited all armories, bases, and readiness centers to promote resilience and to speak to Airmen and Soldiers about the stigma surrounding

National Suicide Hotline: (800) 273-8255 #1

for Veterans (24/7 crisis counseling)

Military OneSource: (800) 342-9647 (24/7 crisis counseling)

www.realwarriors.net

(24/7 information and online-chat counseling)

www.giveanhour.org

(Provides free, confidential counseling services for military members and their families, close to home, by licensed professionals.)

Local Resources:

Military Family Life Consultants:

Terry Routt (Draper)	(801) 367-0390
Andrea Phillips (Youth)	(801) 598-0789
Bruce Jenkins (Southern Utah)	(435) 231-3128
Chaplain (MAJ) Clay Anstead	(801) 432-4409
Family Programs:	(801) 432-4533
VA Transition Assistant:	
Bart Davis	(801) 566-4596

treatment for seeking psychological services. The Army is promoting resilience training by requiring all Soldiers to complete an online Comprehensive Soldier Fitness Assessment and encouraging family members to also complete the assessment.

"Suicide is an enemy getting through the fence," said Chief of Staff COL Lawrence Schmidt. "You stop everything to stop that enemy."

The Utah National Guard has launched a new suicide training program that trains key leaders using the ASIST model. Currently there are four certified Master Resilience Trainers, and in conjunction with the National Guard Bureau Health Promotion Conference, there will be 10 Soldiers certified as Resilience

Training Assistants. These trainers will further train Soldiers within their command on how to positively deal with not only catastrophic events, but everyday life challenges in an effort to prevent psychological distress.

"ASIST will provide members who come into contact with Soldiers who act as first responders to someone in psychological distress," said Fischer. "These ASIST-trained personnel are gatekeepers. All commanders, first sergeants, chaplains and first-line supervisors should receive ASIST training to further educate them on how to identify and feel confident in reaching out to someone in distress."

The Army training is committed to addressing suicide prevention through increased sensitivity to warning signs and developing comprehensive education and services throughout a Servicemember's career. Everyone is vulnerable to suicide. Emotional wounds are just as common as physical injuries, but they are more difficult to spot and diagnose, making suicide prevention all the more challenging. Every life lost to suicide is a personal, family and community tragedy, whether the person is civilian or military.

"I don't think we will ever fully understand it [suicide], but we can provide tools to Guardmembers that can help them identify when Soldiers are in trouble and prevent them from getting to that point where they see suicide as the only alternative," said Fischer.

Save a life today and help assist those you know by making the call. Have them talk to someone who can help, by using any or all of the many suicide-prevention resources available to military members.

RECON, DECON, RESCUE

Story by SSG Jeff Judkins and SGT Adam King

DRAPER, Utah — In 2010, the Department of Defense ran its Quadrennial Defense Review, a legislatively-mandated study of defense strategies and priorities. One of the findings from this review concluded that the United States was vulnerable when dealing with large scale Chemical, Biological, Radiological, Nuclear and Explosive (CBRNE) incidents by either terrorist activity or industrial accident. The urgency of these findings was further spotlighted in recent world events: The Haiti earthquake, BP Gulf of Mexico disaster and the Japan earthquake and tsunami.

With the challenges facing our Nation in today's conflicts and tomorrow's threats, a new kind of Soldier with a unique skill set is needed to protect and respond at a moment's notice. Who better to accomplish this mission than the men and women of the Army and Air National Guard?

To help combat these threats and better prepare the United States, the Department of Defense decided to stand up ten Homeland Response Force (HRF) organizations, one in each FEMA



Utah Guard Soldiers and Airmen suit up to assist local emergency responders in a mass-casualty DECON exercise.

region. Utah will host the HRF in our FEMA region, which consists of Utah, Colorado, Montana, North Dakota, South Dakota and Wyoming. In the event of a CBRNE incident, the Utah HRF can respond to any of the states in our region, departing home station within 6 to 12 hours of notification. The HRF is designed to support local responders and emergency managers to save lives, rescue and stabilize survivors of an incident and manage other CBRNE response units.



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The most unique thing about the HRF is that it is a mission and not a unit. The HRF will not be the sole mission for any Soldier or unit in the Utah National Guard; rather, it will be additional duty for the units and individuals that are selected to participate in the HRF. The HRF will consist of roughly 570 Guardmembers and draw on the talents and experiences from many Utah National Guard units.

The HRF duties are set to rotate between units on a threeyear basis. For the first three years, 97th Troop Command will be the HRF command and control headquarters. Units from across the state have been selected to support the 97th Troop Command by providing a 200-Soldier security element and fill out the 180-Soldier HRF command-and-control element. Embedded in the HRF will be a Chemical, Biological, Radiological, Nuclear, and Explosive Enhanced Response Force Package which includes a 16-person command-and-control element, 75-person decontamination team, 50-person search-and-extraction element and 45-person medical triage team.

While this will mean additional duties for Guardmembers, it also means exciting new training opportunities such as Rope and Collapsed Structure Rescuer Level I, Confined Space Rescue Level II, and HAZMAT Awareness and Operations, all of which can be used in the civilian job market.

Some of the positions on the HRF will be temporary full-time (ADOS) positions. We are still looking for a few motivated individuals seeking a once-in-a-lifetime opportunity to start on the ground level of a unique mission. Job announcements are posted periodically on the Human Resource Office Web site. Experience with other government agencies, training, readiness and CBRNE is helpful but not mandatory.

Utah Linguist Receives Prestigious Award

Story by SGT Ashley Baum

DRAPER, Utah — Lieutenant Colonel Steve Stevens, commander of the 142nd Military Intelligence Battalion, received the 2010 Rochefort Award last September.

This prestigious award recognizes individuals who have excelled throughout their military career in the field of cryptologic linguistics.

The Crypto-Linguistic Association, part of the National Security Agency, established the Rochefort Award in 1989 to recognize long-term contributions of military linguists. Stevens said those who receive the award are recognized as outstanding linguists and placed in the highest ranks of the cryptolinguist field. The Rochefort Award is named after CPT Joseph John Rochefort, a U.S. Naval officer, who was an influential figure in

cryptography and intelligence during World War II, especially in the Battle of Midway.

"I'm honored and humbled to receive an award named after one of the great legends in military intelligence," said Stevens. "It is especially meaningful because I am the first person ever in the Reserve Component to receive this accolade."

As a crypto-linguist, Stevens' primary responsibility is to provide translation of foreign-language communications using signal equipment.

Throughout his military career with the Utah National Guard, Stevens has worked in various locations in Thailand as a linguist, interpreter and translator during annual Joint Combined Exercise Cobra Gold. He primarily served as a



LTC Steve Stevens received the Crypto-Linguistic Association Rochefort Award in 2010.

Photo by Ileen Kennedy

linguist and language analyst throughout the majority of his 20-year career with Utah Counterdrug Task Force. Stevens is currently Counterdrug Coordinator for more than 250 Soldiers, Airmen and civilians who work for the Counterdrug Task Force.

"[Working for Counterdrug has been] exactly what I was looking for in a career," said Stevens. "It's nice to know that my language skills have been able to help get and keep drug traffickers off the street. Playing a small role in protecting our country from the ravaging effects of illegal drugs is extremely rewarding."

In today's military, cryptologic linguists play an important role in military operations, especially during a time of war.

"Individuals who would do America

and American citizens harm do not conduct their business in English," said Stevens. "Cryptologic linguists play a key role in helping track down enemies of our country, so action arms can capture or kill them."

In addition to his full-time job with Counterdrug, Stevens is commander of the 142nd MI BN (Linguist). Stevens said he enjoys advocating for and working with his Soldiers in the 142nd. He said the unit, which just celebrated its 50-year anniversary in 2010, has an incredible mission that makes daily contributions to ensure national security.

"It's great to be part of such a tremendous legacy," said Stevens. "We have some major changes in structure, mission and location coming up, so it's exciting to be part of carrying the banner forward."

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WE HAVEN'T FORGOTTEN WHO KEEPS US IN BUSINESS:



1457th Engineer Battalion Sends Team to Best Sapper Competition



Story by CSM Richard Thalman

SANDY, Utah — From 0300 April 7 to 0800 April 9, CPT Michael Ditto and SFC Davien Houchin of the 1457th Engineer Battalion competed in the grueling 2011 U.S. Army Best Sapper Competition at Fort Leonard Wood, Mo.

Over the course of 53 hours they covered 48 miles on foot, much of which while wearing a full combat load and a rucksack weighing up to 80 pounds. Being one team out of 37 competing from all across the Army was a huge undertaking for any Soldier belonging to the 100,000-strong Engineer Regiment, but CPT Ditto and SFC Houchin were up for the challenge.

Prior to starting, a written demolitions test determined the order of march for upcoming events, and the Ditto-Houchin duo would only be known as Team 17 from then on.

Day 1 consisted of a nonstandard Army Physical Fitness Test with a three-mile boot run carrying individual body armor with plates followed by alternating pushups, situps, and pullup bar heel kicks.

Then it was into wetsuits and a helocast at Blood Lake where competitors swam to shore pulling rucksacks in a timed event. Next was the painful 80-pound rucksack shuffle to all the round-robin events, beginning with the likes of call for fire, casualty rappelling, thermal breaching, stress-casualty treatment and evacuation, and engineer reconnaissance missions that included an IED interrogation using a Talon robot with explosive ordnance.

After all teams completed the round robin events, the first seven teams were cut from the competition and would not be finishing out the day. Fortunately Team 17 made it through but still would have to end the day with night land navigation starting at 2330.

Day 2 brought another cut for those who didn't find any points on the land-navigation course. Ten more teams were sent packing from Best Sapper, but Team 17 was still in the running. The second day started Sapper Stakes with an in-stride breach of a minefield and wire obstacles, followed by a complex reflexive-fire drill using shotguns, M-4 rifles and M-9 pistols. Next was a building recon while again using the Talon robot and then a quick Blackhawk helicopter trip out to the Sapper demolition range, where they completed a number of IED tasks, as well as some urban breaching. Then it was off to a series of mountaineering tasks, testing their knowledge of knots and rigging. Next was timed room-clearing with paintball guns and combination pop-up targets.

The last Sapper Stakes event was multiple-weapons assembly and a stress shoot of various U.S. weapons, as well as an AK-47. Day 2 was still not over as the unknown-distance road march began around 2300 with a much-lighter 50-pound rucksack. Team 17 was the second team in and was feeling good about the 12- to 15-mile event with only one more day to go, hoping to make the last cut.

The final cut started Day 3 at 0330, and Team 17 survived to be one of ten competing for Best Sapper. It was off to the X-mile run with a multitude of events along the way. First, competitors ran with the protective mask, followed by a sledgehammer-picket pound event. Next was a Humvee pull,



Photos: Participants in the Best Sapper Competition compete in a helocast drop with full rucksacks at Blood Lake, Mo.



SFC Davien Houchin uses a Hooligan battering ram to breach a door prior to the competition finish line.



CPT Michael Ditto (center) and SFC Davien Houchin (right) finished in the top ten of the Army's Best Sapper Competition.

which Ditto said "absolutely ate our lunch." Then it was off to the land-mine carry through an obstacle course, followed by an LMTV tire-flip course, leading right into carrying 15 rolls of concertina razor wire, where they made up some lost time from the truck pull. And then Team 17 went to yet another station to carry chains and shackles over to a hill, where they would have to rig two tires and a 100-pound barrel with ropes and poles to get the material up the hill.

At the last station, Soldiers carried two 40-pound crater charges to a set drop point and then sprinted to the finish line.

"When we rounded the corner and onto the straightaway to the stadium," recalled Ditto, "there were thousands of Soldiers lining the street cheering us on."

From a spectator standpoint it was awe-inspiring to see so many of the Engineer Basic, Advanced Individual Training, noncommissioned and officer course Soldiers there along with competitors' families and friends. Although Team 17 did not win, they certainly turned a lot of heads as the only Reserve Component team to finish in the top ten. Seeing them up on the podium made this writer feel a lot like a proud father and excited to see what caliber of Soldiers the National Guard has to offer.

"I have never felt this amount of motivation in my entire life," he continued. "As we ran across the field, the lights were on us as we heard our names called across the field to the finish line. This is why I came here, and I'm so glad we could represent the Utah National Guard and the Engineer Regiment in the way we did."

Find information and links to Best Sapper Competition videos at www.wood.army.mil/sapper/bsc and click on "Downloads."

Photos courtesy of Best Sappers Competition and CSM Richard Thalman

115th Maintenance Company Supports Overseas Mission in Germany

Story by 1LT Ryan Robison

DRAPER, Utah — The 115th Maintenance Company deployed 39 Soldiers to Hohenfels, Germany, to conduct overseas-deployment training and support Joint Multinational Readiness Center (JMRC) with maintenance operations.

The 115th provided mechanics to the combined maintenance activity shop, recovery and maintenance and services shop and the 1-4 Infantry motorpool to support JMRC.

"Our support helped JMRC by servicing vehicles, troubleshooting problems and replacing components ahead of schedule, allowing vehicles to return to the training area with minimal down time," said 1LT Ryan Robison.

Soldiers were also able to work alongside Germans and

not only teach them a few things but learn from their local counterparts as well.

Two Soldiers were recognized by the Combined Maintenance Activity shop officer in charge for their outstanding work in repairing security doors that secured sensitive items.

"Doors were repaired with lock covers and a new mounting system, fabricated by two Soldiers in one day," said Robison. "This saved the Army time and money."

All Soldiers returned home safely with an overall experience giving Soldiers an increased knowledge of maintenance operations and what it takes to deploy/redeploy and learning about the local areas around Hohenfels.

Utah Air Guard Hosts Wingman Day with NBC's "Biggest Loser" Film Crew

Story by Maj Krista DeAngelis

SALT LAKE CITY — What do "Waldo" Waldman, a KC-135 pull competition and NBC's Biggest Loser all have in common? They were all part of the Utah Air National Guard's 2011 Winter Wingman Day March 12.



Lt. Col. Rob "Waldo" Waldman, former F-16 pilot, speaks to 151st Air Refueling Wing Airmen about how important it is to look out for each other and use the wingman concept.



A television film crew from NBC's Biggest Loser shot several segments from the day's events to use during an upcoming episode of the Biggest Loser, scheduled to air April 5.

As part of the Guard's focus on the health and wellness of Airmen and their families, the 151st Air Refueling Wing hosted the event fully equipped with a motivational speaker, health fair and aircraft competition—all while NBC's Biggest Loser Pound-for-Pound Challenge film crew taped segments for an upcoming episode set to air April 5.

"The purpose of Winter Wingman Day was to create a pause in the day-to-day mission of Air Guardsmen in order to reinforce the 'wingman' concept of looking out for each other and help us build resilient Airmen, as well as to focus on unit health," explained Col. Samuel Ramsay, 151st Air Refueling Wing commander.

Burgandy Keel, wife of a Utah National Guard member and contestant on the Biggest Loser's season 10, was the catalyst to several of the activities hosted during Winter Wingman Day.

"The theme of our season of the Biggest Loser was 'pay it forward,' so I wanted to find a way to give back to the community by creating a health fair," explained Keel. "I partnered with the Pound-for-Pound Challenge and the Utah National Guard to come up with a way to help the military."

Keel worked with LTC Lisa Olsen, 151st ARW community manager and fitness coordinator, to organize the health fair for Airmen and their families.

"Our health fair hosted a variety of vendors throughout the area that provided an array of health and fitness information to our members," explained Olsen. "As a precursor to the event, the Utah Air National Guard created a local Pound-for-Pound Challenge, where every pound of weight members pledged to lose, the organization donated one pound of groceries to the local food bank."

With nearly 150 pound for pound (PFP) members, the Utah ANG pledged to lose a combined weight of over 2,500 pounds. The Utah ANG team is the largest contributor to this charity program in Utah and ranks 21st nationally. Twenty-five-hundred pounds of groceries will go directly to the Utah Food Bank.

NBC's Biggest Loser PFP Challenge film crew documented several of the Wingman events, including the health fair, as part of a follow-up story on Keel.

"I thought the health fair was a great success, and it was nice to see families learning how to be fit and live healthier lifestyles," added Keel.

The event kicked off with a motivational presentation by Lt. Col. Rob "Waldo" Waldman, a former F-16 pilot and motivational speaker. Waldo revved up his audiences with a speech about the wingman concept and looking out for one another. After the health fair festivities, the day concluded with a KC-135-pull competition, where Airmen from the maintenance and logistics-readiness squadrons competed to see who could pull the plane 40 feet in the quickest time frame.

The contest resulted in a tie.



Members of the Utah Air National Guard's maintenance squadron strain to pull a KC-135 Stratotanker during Winter Wingman Day 2011 at the Utah Air National Guard base March 12. Three teams, of 15 people each, compete against the clock to see which team can be the first to cover the 40-foot distance in rope-pulling a 120,000-pound Stratotanker.



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Larger Than Life Rewards

Developing Relationships of Mutual Support in Iraq

Story and photos by 1LT Elizabeth Thomas

NINEWA PROVINCE, Iraq — Members of C Company, 141st Military Intelligence Battalion (Linguist), joined a police training team and an Iraqi police unit Jan. 3 on a humanitarian mission in Iraq to distribute humanitarian aid to Iraqi children. The event took place in one of the poorest neighborhoods in a local village, a large rundown apartment complex composed primarily of displaced persons.

Under the direction of 141st Soldiers, the event was planned, coordinated, and managed by the Iraqi police. They invited key leaders within the community and the media and personally distributed stockings to more than 200 children.

Stockings were filled by families across the United States and sent to Iraq through Operation Give, a nonprofit organization that provides humanitarian supplies to deployed Soldiers to distribute to Iraqis. The response, both on the part of the recipients and the Iraqi police, was overwhelmingly positive.

Members of the Iraqi police have since organized similar events in cities throughout the province. Movements by the police and their training teams in this village since this event have been much more warmly received than they have been historically, and the training team is hopeful that the relationships developed through this event will continue to be strengthened in the future.

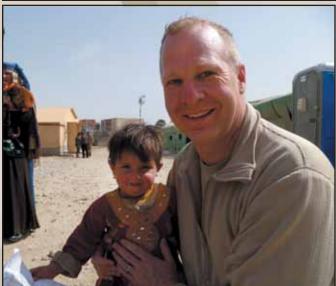
"What a difference if makes in the lives of Iraqi people and it protects our Soldiers to cultivate enduring partnerships by showing them we care through humanitarian service," said LTC Matt Price, 141st MI commander.

This is just one example of the kind of support that the 141st is providing in Iraq. Together with the Iraqi army and police, Utah Guardmembers have also accomplished the following:

- Visiting orphanages and schools, distributing school supplies and toys.
- Facilitating training for Iraqi police and training for midwives on prenatal and neonatal care.
- Working with women and youth associations throughout the province to develop the Ninewa Women's Union
- Strengthening community members' collaborative problem-solving skills
- Stimulating economic development through the distribution of micro grants
- Building the Boy and Girl Scout programs in several villages in Northern Iraq

Soldiers with the 141st understand that Iraq must be built by Iraqis, and in the remaining months of their deployment they will continue to find ways to foster the development of relationships of trust and mutual support.







SSG Alejandro Fajardo and 1SG Jeff Hardenbrook hand out school supplies provided through Operation Give. Members of the 141st MI, U.S. Forces and Iraqi police distribute humanitarian aid to a village in Ninewa Province, Iraq.











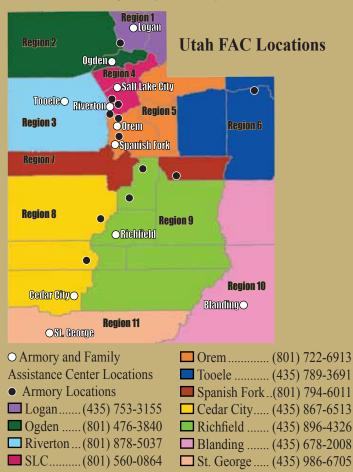
Members of the 141st MI, U.S. Forces and Iraqi police build friendships as they distribute humanitarian aid in villages in Northern Iraq.

Family Assistance Centers

By Katrina Rhinehart

DRAPER, Utah — Family Assistance Centers (FAC) are designed to assist families of Servicemembers during peacetime, training or mobilization. Centers are open to all branches of the military (Army Guard, Air Guard, active-duty Army, Air Force, Coast Guard, Marines, Navy and all Reserve Components).

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• ID Cards referral • POC for community support • Emergency-assistance coordination • Counseling support/referral • Family/household emergencies • Family care plan information • Site for family communication • POC for Casualty Assistance information, referral, follow-up and outreach • DEERS information (Defense Enrollment and Eligibility System) • Support FRG programs

Please do not hesitate to contact our FACs for any questions or issues you may have. We are here to serve you!

Utah Air National Guard's KC-135 is the First Plane to Land at St. George Airport

Story by MSgt Gary Rihn

Photo by TSgt Kelly Collett

ST. GEORGE, Utah — With the sharp chirp of rubber meeting concrete, a Utah Air National Guard KC-135 Stratotanker marked history Jan. 11 as the first aircraft to officially land at the new St. George airport.

Landing two days before the official opening, the 151st Air Refueling Wing had been invited to bring their aircraft to the grand-opening celebration to showcase the capabilities of the new airport.

"It was appropriate that the first official landing was military, because we owe a lot to our military and what they do for us," said St. George Mayor Dan McArthur in his remarks at the ceremony Jan. 12.

Previously, the St. George airport supported only the smallest propeller aircraft for commercial airline companies. The old airport sat on a bluff above town and was notorious for treacherous crosswinds. There was no room to expand, and the city couldn't attract larger or additional aircraft to increase air travel possibilities for local citizens.

Planning for the new airport began in 2000. The \$200-million budget for the new airport, funded by state and federal grants, was larger than the city's entire combined



budget. The new airport, now located southeast of the city, has a terminal that is 250 percent larger than the old one, a runway that is 40 percent longer to accommodate larger aircraft and has thousands of acres surrounding it that allow for future growth.

At the preflight briefing before the historic flight, it was noted that the airport was so new that there was limited information available concerning the runway and instrumentation. To get a better feel for the new field, it was decided that a few fly-by passes would be a good idea. After three near-ground-level passes, the KC-135 finally touched down on the fourth run before a very excited crowd of airport workers and local news crews.

"It was exciting to be the first ones to land here," said Capt. Todd Deshler, copilot for the historic landing. "It's exciting to fly into a new airport, especially one within the state of Utah. The mission was a great opportunity, as it gave the crew the chance to do a site survey of the field. We can now use this airport for practice and emergencies."

A 151st Air Refueling Wing aircraft rests on the tarmac at the new St. George Municipal Airport while visitors converse. The plane was the first and largest aircraft to land on the new runway. LEFT BOTTOM: Technical Sgt. Kelly Collett, 151st Air Refueling Wing, interviews Rick Crosman at the St. George Municipal Airport during its grand opening.





Utah Guard Hosts Western Regional Biathlon Championships

Story and photos by LTC Hank McIntire

SOLDIER HOLLOW, Utah — For the first time in a number of years, the Utah National Guard hosted the National Guard Bureau Western Regional Biathlon Championships Feb. 5-6 at Soldier Hollow, Utah.

Civilians, U.S. Army Reserve members, National Guard Airmen and Soldiers from Utah, Colorado, Nevada, Montana, Arizona, Oregon, Wyoming, Texas and Guam were among the competitors.

The contest was the first major biathlon event hosted at Soldier Hollow since the Salt Lake 2002 Olympic Winter Games. Captain Jason Elphick, coach of

the Utah Guard biathlon team and organizer for the event, said it took some doing to have everything ready to go for the competition.

"We had three weeks to put it all together," explained Elphick, citing a planning mix-up between venue managers and the National Guard.

To competitors, however, the two-day event had all the earmarks of a professionally-run enterprise.

"This is the first Guard event that I've been to," said Dean Cahow, of Evergreen, Colo., one of a number of civilian biathletes at the competition. "The organization has been great. I don't know how experienced these guys are in putting on events like this, but it's been terrific."

"It's remarkable," said chief of competition CW5 Gary Wallin of the Utah National Guard's 211th Aviation, crediting the cadre of 25 Soldiers who worked in sub 10-degree weather to prepare the venue. "This place looked exactly like it did during the 2002 Games—minus the 25,000 people that were here."

"We were able to pull it off because of the Soldiers who stepped in to help," added Elphick. "The race happened because of them."

Biathlon combines the athleticism of cross-country skiing with the precision of marksmanship. Competitors ski a series of loops with a seven-pound, .22-caliber rifle strapped to their backs. In between laps they fire at a series of five, 4.5-inch targets from either a standing or prone position. For each miss a skier completes a 150-meter penalty loop as they leave the shooting range for their next lap.

"When the skier is out on the course their heart rate is well above 130 beats per minute," explained Wallin. "They come into the range and have to change their mindset from being a skier to being a shooter. They need to get their heart rate down to 90 to 100 and then be able to literally 'thread the needle' and shoot those targets that are 50 meters away."

Day 1 for the individual competition saw snow flurries and temperatures in the 20s—balmy compared to the training and preparation days earlier in the week. The men skied 10 kilometers (6.2 miles), and the women covered

7.5 kilometers (4.7 miles). Competitors shot twice during the race, once standing and once prone.

Civilian Mark Sheperd took top honors for the men, while 1LT Barbara Blanke of the Army Reserve's 328th Combat Army Support Hospital led the women.

On Day 2 for the pursuit race the sun was bright with temperatures in the 30s. Men and women were to ski 12.5 kilometers (7.8 miles) and 10 kilometers, respectively, with four trips to the shooting range. Skiers left the starting gate in the order and timing that they finished on Day 1.

"It was gorgeous out here," said pursuit silver medalist for Guard biathletes CPT Dan Morken, 489th Brigade Support Battalion, Utah Army National Guard. "It was a chance to red-line it and then come in and hold your breath and try to hit some targets."

"Today was a fun race," added Blanke, who finished first for the women in the pursuit race. "It was a lot faster track. You could relax and glide."

Reflecting on the event, several skiers spoke of the camaraderie and friendly competition among racers and supporting one another, regardless of experience or athletic ability.

"There are some amazing athletes here, and then there are people all the way down to complete beginners on skis," said MAJ Julie Dietrich, of the 192nd Airlift Squadron, Nevada Air National Guard, who is a pilot with Alaska Airlines in her civilian job. "Everyone supports everyone else. It's very mutually beneficial."



1LT Barbara Blanke, U.S. Army Reserve, crosses a bridge during the competition.





SFC Ben Dahl (left) and CPT Dan Morken approach the shooting range on the Soldier Hollow course. The winning medals displayed prior to presentation at the Western Regional Championship awards ceremony.

"It's fun to feel like you're part of a bigger family and encourage those people when you're out there racing," said Blanke, nearly drowned out by the shouts for a fellow competitor crossing the finish line. "You hear all the yelling; somebody is cheering somebody else on."

Skiers felt that the mix of military and civilian skiers was also a big plus.

"It's essential that we have races where new Guard people can be knocking heads with civilians on a regular basis because it raises the level of everyone," said SPC Andy Wilkens, skiercoach for the Colorado National Guard team, who took individual gold in both events.

"The civilians get to see what we do in the military," added Blanke, "and it adds a different flavor to things for us."

Speaking for civilian competitors, Cahow was very pleased with what he saw and promises to be back.

"The satisfaction and enthusiasm from the Guard for the event is really cool to see," he said. "I hope you guys do some more because we're going to be talking it up when we get back home. We hope you do it again because we'll definitely come out for it."

Final results for the competition saw the Wilkens-led Colorado National Guard take team gold. Utah placed second, with CPT Dan Morken as their top finisher, and Montana was third. The top three finishing teams all finished within nineteen minutes of each other.

As exciting as competitions are, however, Airmen and Soldiers know that biathlon's bottom-line benefit is that it helps them do their military job better.

"It's different from carrying around an M-4," said Morken, "but you're building skills with rifles and mental awareness of what it takes to come in and try to shoot with everybody watching you while you're pegged on the heart-rate meter."

"The more you shoot, the better you're going to be," said Wallin, himself a 30-year veteran of biathlon and a Veteran of Operation Enduring Freedom. "We give you a .22-caliber rifle here, but the shooting positions [and] the shooting techniques are exactly the same as if you were going to combat and shooting a combat weapon."

"I still consider myself to be a Soldier first," said Blanke. "These skills are valuable to be taught, no matter what you find yourself doing. There is absolutely nothing harder that you would love than doing biathlon."







CPT Dan Morken pushes off at the start line on Day One of the competition. LTC Eric Petersen shoots from the prone position. 1LT Barbara Blanke approaches the first turn of the Western Regional Biathlon Championship.

The 85th CST: The Tip of the Spear of the CBRN Enterprise

Story by LTC Tyler Smith and 1LT Andrew Wade

Photos by MAJ Craig Bello

SALT LAKE CITY — The CBRN (Chemical, Biological, Radiological, Nuclear) enterprise is a new concept the National Guard is embracing as new organizations are beginning to support domestic operations in the event of a major CBRN incident.

The Homeland Response Force (HRF) is the product of a vision where the National Guard can be more responsive with ten HRFs assigned to each FEMA region. The 85th Weapons of Mass Destruction Civil Support Team (CST) has recently participated

in two major events where the HRF concept was put to the test. One was a real-world mission providing response assets to Super Bowl XLV, and the other was a national-level exercise near Camp Atterbury, Ind. Additionally, they participated in large-scale, multiagency exercises in Oakland, Calif., and Las Vegas, Nev.

Two years of preparation produced a collaborative plan to provide security for Super Bowl XLV, America's premier sporting event, second only to the presidential inauguration as a





The 85th CST participants in 2011 Vibrant Response near Camp Atterbury, Ind.

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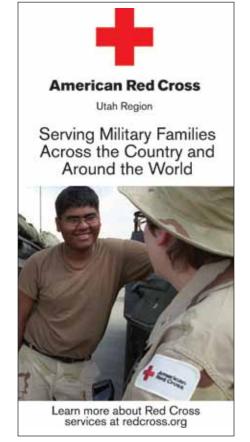
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Level 1 security event. The 85th was one of five CSTs assigned to Task Force 71 of the Texas National Guard HRF. With multiple venues throughout the Dallas-Fort Worth area, hundreds of thousands of football fans converged on the area to participate in the Super Bowl pregame activities and to see the game in Cowboy Stadium.

The CSTs were assigned to specific areas that had a higher probability for a terrorist incident. Although there was no specific threat, positioning CSTs in potentially soft target venues was part of the overall plan devised by a host of agencies. The Texas Department of Public Safety served as the organizer as dozens of local, state, and federal agencies worked together to ensure all could enjoy the game without incident.

As the other CSTs from Texas, Alabama, New Mexico, and Oklahoma were assigned throughout the area, the 85th was assigned to support first responders at the Dallas-Fort Worth (DFW) airport. Spanning 30 square miles, DFW is one of the largest and busiest airports in the world.

Members of the 85th were divided up and assigned to HAZMAT crews at two of the five stations strategically positioned throughout the airport. Their mission was to augment first responders at DFW with CST capabilities should they encounter a CBRN incident. For the duration of the Super Bowl and related events, the 85th responded with firefighters to dozens of HAZMAT calls, conducted rope-rescue drills and HAZMAT equipment training. The 85th received accolades from the Texas governor and adjutant general for an outstanding job and being part of one of the largest multiagency security efforts in history.

After returning to Utah, the 85th departed for Indiana to the Muscatatuck Urban Training Center to participate in the 2011 Vibrant Response exercise. This was the first full-blown CBRN exercise of its kind, where the CBRN enterprise was tried and tested with a very difficult scenario. This exercise included about 3,500 Title 10 and Title 32 Soldiers and Airmen, along with Marines from 17 states and Puerto Rico.

The exercise was based on a simulated detonation of a 10-kiloton radiological device. The 85th, along with the 84th CST from Wyoming were the first National Guard members to respond to the incident. There were follow-on responses from other units in the CBRNE enterprise, including the Washington HRF, Colorado CBRNE Enhanced Response Force Packages, a Title 10 Chemical, Biological, Radiological, Nuclear and High-Yield Explosive Consequence Management Response Force, elements from the Marine Corps



Members of the 85th CST support Super Bowl XLV at the Dallas-Fort Worth airport.

Chemical-Biological Incident-Response Force from Maryland, as well as several traditional National Guard units for security. More than 150 role players were used to add to the realism of the exercise.

The CSTs are revered as the "tip of the spear" in the CBRN enterprise, as they are likely to be the first military asset to respond to a terrorist incident involving CBRN or a natural or manmade disaster, where the local responders need enhanced capabilities.

The mission of the CSTs is to provide an initial identification of current hazards, assess what the hazards currently are and how they may project in the future, as well as to advise and assist the incident commander on the proposed measures that need to be taken in order to do the most good for the most people. As the Utah National Guard takes on the HRF mission, the CBRN-trained and experienced 85th stands poised to assist in any way possible to ensure its success.



Utah Guard Marathon Team Members Make All-Guard Team at Lincoln

Story and photos by LTC Hank McIntire

LINCOLN, Neb. — The Utah National Guard's marathon team entered the May 1 Lincoln-National Guard Marathon with a lot of confidence

Among the five team members—LTC Eric Petersen, of Holladay; LTC George Graff, of Santa Clara; MAJ DeAnne Trauba, of Sandy; CPT Phil Lowry, of North Ogden; and Cadet Chris Odekirk, of Salt Lake City—they had 34 races at Lincoln under their collective belt.

Trauba had the most experience at Lincoln, entering her twelfth race. Petersen and Graff weren't far behind, with 10 each, and Odekirk was running his third Lincoln.

For Lowry, this was to be his second marathon, after running a qualifying race in Phoenix earlier this year. He is far from being a novice, however, having competed as an ultramarathoner for many years.

"Base mileage is not an issue for me, so the big thing is speed work," said Lowry, a member of the 653rd Trial Defense Detachment, 97th Troop Command. "The key is running [on a] flat [course], which I'm not used to. I use a different set of muscles."

"This is a great team," he continued. "They are shepherding me into something that is very different. They respect my experience, but they are very good about being up front with me and suggesting ideas I might want to employ."

Seeing Lowry's passion for running and his interest in running for the Utah Guard, team captain Petersen was impressed.

"I thought, 'This guy is serious. We'll bring him to Lincoln and see what he can do,'" he said.

In contrast to newcomer Lowry, Graff was running his last Lincoln as a member of the Utah Guard team. He is set to transfer to the Army Reserve later this year.



"This race always brings a little anticipation, a little anxiety, wondering if you're ready," said Graff. "My strategy is to go out very conservatively and see how I'm doing at the halfway point."

At Lincoln the number of participants increased every year, breaking the 10,000 mark in 2011 for the very first time.

"It is because of all of you that our race is growing," Nancy Sutton-Moss, Lincoln race director, told Guard runners at a meeting the day before the event. "The National Guard does very well in our race, and everybody in the city is excited to have you here."

Going into the race, each Utah runner expected to do well individually and as a team.

"We all train really hard, and there can be a lot of pressure to compete for the state," said Odekirk, a member of the Medical Detachment at Camp Williams, who is due to receive his commission and go on active duty the week after the race. "But the pressure brings you together."

Odekirk was projected to have the fastest time of the Utah contingent, running a 2:43 in 2010, and the others were optimistic of equaling or bettering last year's times.

Each runner brings their own motivation to get themselves psyched up for the race. For Petersen, it was the Sunday morning buffet at Embassy Suite, where the team stayed.

"They serve a great breakfast at the hotel until 10:30," he said. "With the race starting at 7, our goal is to get back in time for a made-to-order meal."

The morning of the race, the sky was clear, the temperature was a cool 50, but the wind was a breezy 12 miles per hour, which had the potential to slow race times.

Team members started out well. Odekirk led the Utah pack at the halfway mark, followed by Petersen, Lowry, Graff and Trauba. Each was on pace to meet their race goal.



Left to right: MAJ DeAnne Trauba, LTC Eric Petersen, CPT Phil Lowry, LTC George Graff and Cadet Chris Odekirk run the Lincoln Marathon.

"At mid race you want to take an accounting of how you feel," explained Petersen. "You don't want to get there too soon or too late. Usually by the halfway point you know how the rest of the race is going to go."

"When things go wrong in a marathon, things can go really wrong," said Trauba. "There are some injuries where you have to pull out."

Unfortunately, this turned out to be the case for Odekirk, sustaining a leg injury at mile 15, rendering him unable to complete the course.

"I felt great and I held the pace that I wanted, but my calf

just gave out on me," he said. "I gave it everything I had, but I couldn't risk injury going into IBOLC (Infantry Officer Leader's Course) and Ranger School."

Inside Memorial Stadium, competitors finished the race at the 50-yard line. On one side of the big scoreboard video screen, spectators could see runners 300 yards from the finish, and the other side showed runners crossing the finish line, some of them sailing across, and others hobbled in pain.

Petersen was the first to enter the stadium, "breaking the tape" in 3:05:52. In quick succession, Lowry, Graff and Trauba followed suit with times of 3:17:10, 3:18:51 and 3:20:23, respectively.

"The adrenaline rush you get from entering the stadium and seeing the jumbotron and your name up on the screen and the history of the stadium it makes it a lot more meaningful," said Petersen after the race. "A lot of it comes down to preparation on the one hand and just guts on the other. You just have to dig down deep mentally and keep going despite the fact that you feel like you're going to die. The last mile of a marathon always hurts."

As a team, Utah finished out of contention, but Graff, Petersen, and Trauba were selected for the All-Guard team.

"It's been a lot of fun," said Odekirk after the race, knowing that he is moving on to other opportunities in the military. "I've made a lot of friends, which is something I wouldn't have if I weren't on the team."

Graff also looks ahead to new experiences, knowing he has run his last Lincoln as a Utah Guardsman.

"It takes a lot of time and commitment to be on this team," he observed. "Now I'm looking forward to devoting energy and time to other things that I enjoy. It's been a great ride. Being on the team has been a significant part of being in the Guard."

Graff's daughter recently joined the Utah Guard and has plans to try out for the marathon team.

"I'm looking forward to passing the baton to her," he said.

"Marathon is one of great experiences of being in the Guard," added Petersen. "I've made some lasting friendships, and it really helps keep me in shape."

"I love having 'Utah National Guard' on my chest," said Trauba." I love hearing people along the course say, 'Way to go, Utah National Guard!' I love representing the Guard. I love representing Utah."



The Utah Guard Marathon Team at Nebraska's Memorial Stadium, site of the finish of the Lincoln-National Guard Marathon.

Upcoming Events

June 10

Minuteman **Benefit** Golf **Tournament** for **Special Olympics** Utah. Held Hubbard Golf Course, Hill Air Force Base, starting at 8:00 a.m. Guardmembers have supported this event for many years to help Special Olympic athletes. This year the tournament will be honoring retired Guardmember SFC Bill Ross, who was one of the original organizers of the tournament and a member of the 115th Maintenance Company, who passed away in 2010.

July 7-13

The Lost Heroes Art Quilt is artist Julie Feingold's tribute to our fallen heroes from the Iraq and Afghanistan wars. It is a non-political work that addresses the themes of loss and remembrance, and honors our fallen heroes in a most remarkable way. The quilt will be on display at the Utah State Capitol building, Hall of Governors room, July 7-13. All are invited to the opening ceremony and to view the quilt during its weeklong stay in Utah.

For more information, visit www.lostheroesartquilt.org

AUGUST 6

Utah National Guard Charitable Trust 5K run/walk held at Rio Tinto Stadium, Saturday, August 6. The race starts at 8:00 a.m. Servicemembers can run for free. All proceeds go to the Utah National Guard Charitable Trust to help Soldiers and their families.

Register online at www.utngtrust.org

UTNG Soldiers, Airmen Enjoy Carefree Night at 46th Annual Military Ball



Story and photos by SGT Rebecca Hansen

SANDY, Utah – The Members of the Utah Army and Air National Guard and their significant others attended the 46th annual Military Ball at South Towne Expo Center in Sandy April 30 for a night full of music, dancing, and prizes.

The band began to play the swing, and men escorted women to the dance floor. With huge smiles, they moved through long-forgotten steps, sometimes stumbling, but it only made couples' moods better as they laughed and continued their dance without worry.

Life as Citizen-Soldiers and Airmen can sometimes be pretty hectic. The Military Ball gives the men and women of the Utah National Guard a chance to break up the routine. They dress up in their best-dress uniforms and socialize with their fellow Servicemembers. It also gives significant others a rare chance to dress up in ball gowns or best suits, meet others and share what they have in common.



Servicemembers enjoy the 46th annual Military Ball held at the Sandy South Towne Expo Center April 30.

"The best part is split for me," said Sgt. Chris Bamford, a financial technician with Joint Forces Headquarters. "Half is getting to mingle with everyone, and the other half is getting to take the wife out on a great date."

"I loved getting dressed up for the night," said Bamford's wife, Angela. "It took a lot of bobby pins in my hair."

Servicemembers danced through the night to music provided by the Utah Army National Guard's 23rd Army Band. They played everything from country music to rock, swing, waltz and more.

"We play a wide range of music for a large demographic of different people," said CW2 Denny Saunders, commander of the Band. He has played at the Military Ball since 1995. "We enjoy playing for the Troops, people, and community, and we hope they all have a good time."

As is tradition with the Military Ball, each ticket to the ball not only grants entrance to the event, but it is also entered in the drawing. Near the end of the night, tickets were shuffled and chosen at random to give attendees a chance to win a variety of prizes ranging from \$100 Visa gift cards to a 46-inch, big-screen TV.

Whether it was an excuse to dress up and dance or to win a prize, the men and women of the Utah National Guard who attended were able to forget their troubles for a night.

"The ball is important for the morale of the troops and it lifts people's spirits and they enjoy life for that moment," said Saunders.



Employment Initiative Program Helps Servicemembers

SALT LAKE CITY – Employer Support of the Guard and Reserve is partnering with other federal agencies to seek opportunities to enhance employment options for Servicemembers and family members through the rollout of the Employment Initiative Program (EIP).

ESGR will use its robust network of more than 4,700 volunteers located throughout the country to facilitate and coordinate activities that directly support this mission. Facilitating employment transitions is a new requirement in the ESGR Strategic Plan for Fiscal Years 2011-2015.

ESGR is already actively engaged with several federal agencies in this pursuit to include the Department of Veterans Affairs, Department of Labor/Veterans Employment and Training Service, Small Business Administration, Office of Personnel Management, Employer Partnership of the Armed Forces and the Yellow Ribbon Program. In addition, ESGR is working with key nonfederal entities, where the relationship enhances the mission, goals and objectives of EIP.

ESGR national headquarters and state ESGR committees are taking full advantage of all ESGR, Yellow Ribbon and Family Programs, in partnership with public and private entities, to enhance employment opportunities for Servicemembers and families, especially focusing on those completing active-duty tours and our Wounded Warriors.

ESGR will strive to accomplish this by:

- Communicating the value to employers inherent in hiring current and former members of the Armed Forces
- Creating personal and virtual channels through which employers and Servicemembers can communicate easily and effectively
- Leveraging the local knowledge of ESGR committee members
- Collaborating with federal, state and local entities, as well as the private sector
- Paying special attention to the needs and abilities of Wounded Warriors

ESGR hopes for an infusion of Servicemembers into the public and private workforce in jobs that reflect and reward their talent, dedication and their commitment to the United States and its best values.

For more information visit: www.esgr.mil or contact

Chuck Rackham: charus.rackham@usar.army.mil, (801) 230-5625 Kim Watts: Robert.k.watts@us.army.mil, (801) 432-4492 Mark Harrison: mark.b.harrison@us.army.mil, (801) 432-4536 Al Yardley: ayardley@ut.gov, (801) 616-1021

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Utah First State to Pass DAIG Inspection



Story by CPT Ben Martin

Photo by SFC Stacey Berg

Draper, Utah — The J6 is pleased to announce Utah as the first state to pass the Department of the Army Inspector General (DAIG) inspection. The audit covered a wide range of areas pertaining to information assurance, computer security,

network security and overall policies and procedures governing Department of Defense information systems.

"There were a lot of hours and late nights in the J6," said CPT Ben Martin, G6 IT specialist. "The department as whole really came together as a team. We are very proud to be the first state to pass such a stringent inspection."

Doug Larkin, G6 resource manager, images a new laptop at the helpdesk.

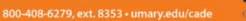


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